

# WHAT IS FUTSAL?

Futsal is the official five-a-side indoor soccer game and the only indoor soccer recognized by FIFA. Futsal is beginning to take the country by storm as more and more soccer players, coaches, clubs and associations discover the unique and positive qualities of Futsal. It is a game played around the world as many of today's world stars began their youth soccer by playing Futsal. The Brazilians attribute their world soccer success to Futsal. Pele, Zico, Socrates, Ronaldo and Bebeto grew up playing Futsal and credit Futsal with developing their skills.

Futsal is a small-sided game (5v5 including the goalkeepers) played on a small field roughly the size of a basketball court. The game does not require the use of dasher boards. It is played with the touchline boundaries with no walls to bang the ball against. The official ball is a special low bounce ball that is heavier and smaller than an official size 5 soccer ball. The ball forces a player to use their skill rather than the ball's bounce to propel it. It is a complete skill game. Futsal develops the overall fundamentals of soccer more effectively. It has been proven that youth players develop quicker reflexes, faster thinking and pinpoint passing. It is a superior game in terms of establishing players' touch and technique.

As compared to the American indoor game where a player relies on utilizing the walls, Futsal forces a player to think two or three steps ahead without using the walls. One touch passing is essential in maintaining ball possession on a smaller surface. Therefore, an individual's overall ball handling skills and off the ball movement enhance considerably. When a player gets in trouble with the ball, there is no whacking it off the wall. Their split second thinking improves automatically as one learns how to maintain possession and distribute the ball quickly. Shots must be more accurate, since a shot off target will not produce a rebound. More shots are also taken during the course of a game, which will enhance a player's confidence, by taking on a defender and shooting quickly. A player does not have as much space or time to dribble with the ball. Futsal helps to develop tremendous close quarter's footwork.